Recipes for the calorie counter

EDITOR'S NOTE: The following low-calorie recipes are for those who wish to watch their waistline and sugar intake during the holiday season. The recipes are taken from the "Slimmer's Corner" section of the Appomattox County Extension Homemakers booklet, 'Christmas in Appomattox County.

Low-Calorie Sour Cream
Makes 1 cup-calories per recipe - 240 - calories per tablespoon - 15

1/4 to 1/2 cup buttermilk (depending on thickness of cream to be desired)
1 cup (8 oz.) uncreamed cottage cheese
1/4 teaspoon lemon juice
Pinch salt

Dips and Dunks for the Dieter - just fill the bowl and surround with your choice of the following low-calorie dippers in lieu of higher-calorie cracker and pastry dippers.

Cucumber fingers, carrot sticks, radishes, cauliflowerettes, celery sticks, turnip slices, fennel sections, cherry tomatoes, green pepper sticks, endive, cold, cooked meat, shrimp, lobster chunks, fresh pineapple spears Use these dips and dunks with low-calorie sour cream-which is not only low in butter fat, but high in protein value.

Delicious No-Sugar Apple Pie
6 oz. can frozen apple juice concentrate
1 tablespoon margarine
2 tablespoons cornstarch
¼ teaspoon nutmeg
6 cups peeled sliced delicious apples
Pastry for 2 crust pie

Place apple juice concentrate in saucepan; bring to a boil. Combine margarine, cornstarch and spices in small bowl. Add a small amount of apple juice; stir until well blended. Stir cornstarch mixture into apple juice. Pour over apples; stir carefully to coat all slices. Pour into unbaked pie crust; place top crust over apples. Bake at 425 degrees for about 30 minutes. Reduce temperature to 375 degrees; bake for 30 minutes longer.

Dieter's Pie Crust
2 cups unsifted flour
1 teaspoon baking powder
1 teaspoon salt
½ cup diet margarine
1 medium egg
1 tablespoon vinegar
3 tablespoons water

Stir flour, baking powder and salt together in a bowl. Blend in margarine with fork or pastry blender until thoroughly mixed. Beat egg, vinegar and water together; add to flour mixture. Blend or knead the dough until dough leaves side of bowl. Separate into 4 equal-sized balls; flatten.

Skinny Pie Crust
½ cup sifted all-purpose flour
¼ teaspoon salt
¼ teaspoon baking powder
¼ cup diet margarine, at room temperature

Sift flour, salt and baking powder together; add margarine. Cut with fork, mixing until pastry leaves side of bowl and clings together. Shape into a ball. Wrap in waxed paper. Refrigerate for at least 1 hour or until needed.

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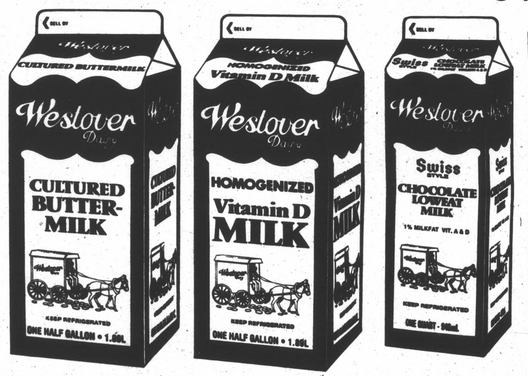
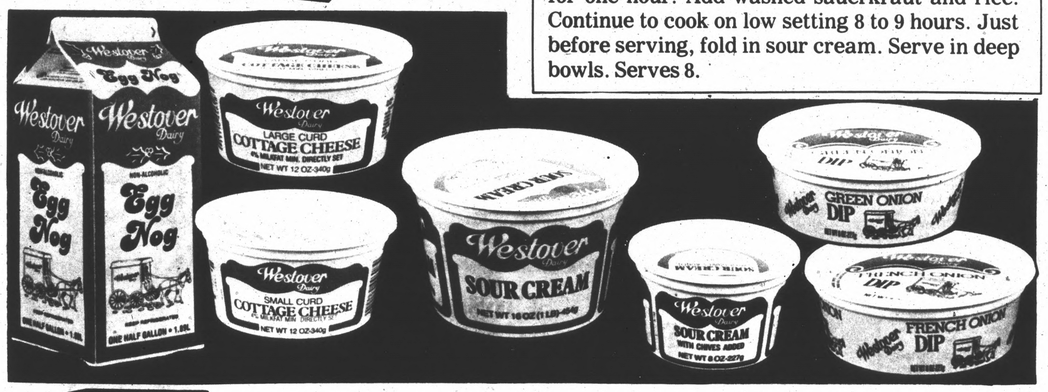
For those busy days before Christmas, make *Hungarian Goulash* in your slow cooker, using *Westover* sour cream. Great for a tree-trimming party with salad and rolls.

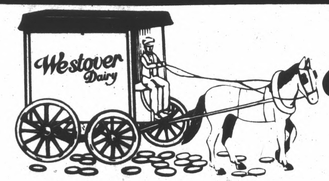


Hungarian Goulash

2 lbs. stew beef	*2 t. salt*
1 to 2 T. cooking oil	*½ t. carraway seed*
1 cup sliced onion	*1 lb. sauerkraut*
1 clove garlic	*½ cup uncooked rice*
3 T. paprika	*1 pint sour cream*

Brown meat in oil. Add onions and garlic, saute until limp. Place in crockery vessel. Add paprika, carraway seeds and salt. Barely cover with boiling water and cook on high heat setting for one hour. Add washed sauerkraut and rice. Continue to cook on low setting 8 to 9 hours. Just before serving, fold in sour cream. Serve in deep bowls. Serves 8.





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